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Cramped and cranky

Transit. It's no secret that New York commuters are frustrated with crowded, slow-running subways. Sadly, numbers released by the MTA show the situation won't be improving anytime soon. PAGE 02

People wait for the 7 train at Grand Central Station in Manhattan. / MILES DIXON, METRO

Survey: NYC daters don't mind pot smokers

PAGE 04

EU steps up migrant shipwreck rescue

PAGE 05

Add some flare with spring's hot denim trend

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Fantasy sports: Get geeky with daily games

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1 NEWS

Top 3

The best of Metro.us

1 'PHOTOS: Scenes from Boston Marathon 2015'

2 '3 ways married people can spice up their sex lives'

3 'The one must-have item for your spring wardrobe'

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MTA: More passengers mean more problems

Subways. An increase in the number of New York City subway riders has led to operational challenges at the MTA.

Passengers wait for the 7 train at Grand Central Station and at the Court Square station in Queens. / MILES DIXON

MTA numbers released Monday morning confirm what subway commuters in New York already know: More people are riding the trains than ever before.

The new numbers show 1.751 billion people rode New York City subways in 2014, and subway ridership grew by 2.6 percent last year in the highest jump in more than 65 years.

The soaring numbers break down to 5.6 million riders on an average weekday, and six million on weekends. The highest increases were seen in Bushwick and Long Island City — two neighborhoods with fast residential and population growth.

Brooklyn leads the five boroughs, with more than 31,000 additional riders per weekday, for a 2.7 percent increase.

With great ridership, comes great responsibility. MTA Chairman and CEO Thomas Prendergast said the high number of riders means it's harder for the MTA to balance running the system while keeping delays and overcrowded trains low.

"The renaissance of the New York City subway is a miracle for those who remember the decrepit system of the 1970s and 1980s, but moving more than 6 million customers a day means even minor disruptions now can create major delays," Prendergast said in a statement.

Right now, the L is the only line run by the automated control system. The MTA is working to bring the technology to the 7 line in Queens. Work is set to wrap up in 2017, and the service interruptions have been a point of contention for riders and elected officials.

"This demonstrates the subways are serving their exact purpose: to move a lot of people," said Gene Russianoff, staff attorney for the Straphangers Campaign. "I think the rising number is good for the economy, and admittedly a mixed blessing for the riders."

Russianoff said fare discounts, capital programs to enhance service and a dramatic drop in crime are likely the long-term factors that make subway ridership so high today.

"There were 19,000 reported felonies [in the subways] in the 1990s, and now that number is down in the 2,600 range, hence all these hipsters going clubbing at midnight, midweek," Russianoff said. "That lifestyle was not the case for me when I was a young adult."

In March, the MTA officially raised MetroCard fares, as well as train tickets and area bridges and tunnels. The higher rates are part of what the MTA calls a series of biannual "modest, predictable, regularly scheduled increases," and will fund in part the $15.2 billion gap in the 2015-2019 Capital Program.

Last September, MTA ridership peaked with a record number of 6.1 million people riding the subway on Sept. 23, the highest number since the MTA started keeping track in 1985.

Quoted

"We are aggressively working to combat delays and improve maintenance, but the ultimate solution requires investing in infrastructure upgrades such as communications-based train control signaling systems to accommodate every one of our growing customers."

Prendergast

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Speaking out. Riders vent about horrible commutes

Cranky riders wait for the train. MILES DIXON

Nathan Gibson, a 7 train passenger from Sunnyside, said construction consistently adds extra time to his commute.

"The worst thing is when they only run express on a section, because sometimes I have to go all the way out past my stop and take a local train back in the other direction. That can really be a pain because it gets real busy too. … I've remedied this by leaving an extra 20 minutes. … It would nice to get that time back, though."

Lauren Houston, a member of advocacy group Riders Alliance, said, "Every morning I take the F train, and it's become so incredibly crowded during rush hour I'm not the least bit surprised to hear that ridership has grown at record levels."

WENDY JOAN BIDDLECOMBE

By the numbers

Rider increases, by borough

- **Brooklyn:** +2.7 percent, 31,000 more weekday riders
- **Manhattan:** +2.5 percent
- **Bronx:** +2.1 percent
- **Queens:** +1.9 percent

- 5.6 million riders on an average weekday, 6 million riders on an average weekend
- 132,000 more weekday riders in 2014
- Bushwick and Long Island City saw the highest increase in ridership.

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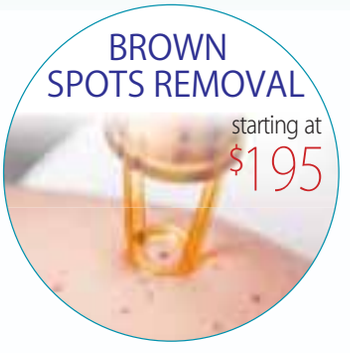

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Earth Week. Climate activists plan protests

Activists converged on the BP station on Houston and Lafayette streets early Monday to mark the fifth anniversary of the Deepwater Horizon oil spill.

The rally of about 50 protesters temporarily shut down the gas station. The action was organized by climate grassroots group Rising Tide NYC, which also organized the Flood Wall Street protest last fall following the People's Climate March.

The same group is planning to protest outside Gov. Andrew Cuomo's Manhattan office at 5 p.m. Tuesday to urge him not to allow Port Ambrose, a liquefied natural gas facility proposed to be built 19 miles off of Long Island. Supporters say the port could move 400 million cubic feet of gas a day and reduce natural gas prices to New York and New Jersey, but climate activists are calling the project "dangerous" and asking a wind farm be built instead.

Activists will also rally at 5:30 p.m. Wednesday outside City Hall.

WENDY JOAN BIDDLECOMBE

Politics

Tankleff mulls Congress run

The Long Island man who served 17 years in prison for the slaying of his wealthy parents — only to be cleared on appeal — will run for Congress.

"It's definitely a yes; I'm looking at it right now," Martin Tankleff told 1010 WINS.

Tankleff said his experience with the criminal justice system gives him important issues to run on.

METRO

NYC No. 2 friendliest city for daters using marijuana

Smoke up. New Yorkers don't mind if their mates smoke pot.

A cannabis plant / GETTY IMAGES

Afraid your 420-friendly habits will turn off potential partners? No worries — New York came in second on a survey of weed-friendly cities for daters by WhatsYourPrice.com. Ninety percent of respondents in New York said it would not be a deal breaker if their partner smoked marijuana.

WhatsYourPrice.com surveyed 90,000 respondents across the country; approximately 57 percent of respondents said they would date someone who smoked weed. The average age of respondents is 38 years old.

Sixty-five percent of users 18 to 34 said they would date someone who smoked pot; 56 percent of users between 35 and 55 would accept a mate who blazed. Men were more accommodating toward partners who smoked: Sixty percent said they would date someone who got smoked up, and 54 percent of women said the same.

"Although the debate over marijuana legalization has been sweeping the nation, smoking is not equally accepted by everyone," said Brandon Wade, CEO and founder of WhatsYourPrice.com in a statement. "Singles who appreciate this type of lifestyle might want to venture out to one of these cities to find a partner who is well suited for them."

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Top 10

1. Portland 93 percent
2. New York 90 percent
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4. Denver 86 percent
5. San Francisco 84 percent
6. Seattle 79 percent
7. Los Angeles 77 percent
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9. Chicago 72 percent
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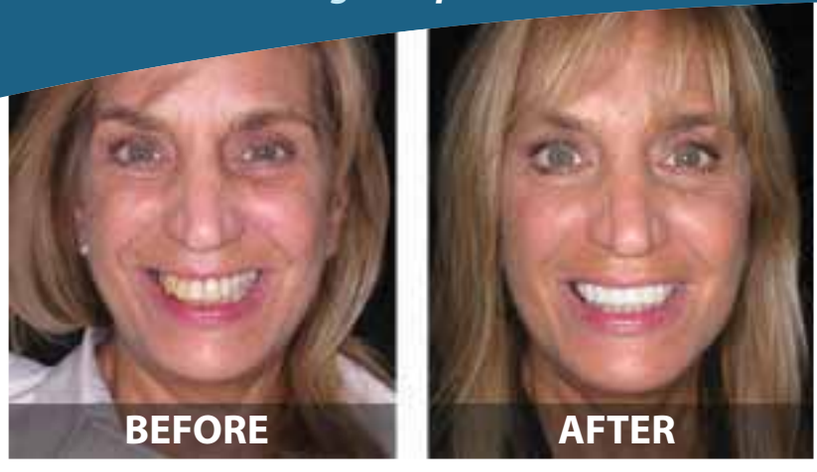

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Local residents and rescue workers help a migrant woman. / GETTY IMAGES

Bodies brought ashore from sea shipwreck

Rescued. Some survivors from the capsized migrant boat were taken to the Sicilian port of Catania.

The European Union proposed doubling the size of its Mediterranean search and rescue operations on Monday, as the first bodies were brought ashore of some 900 people feared killed in the deadliest shipwreck while trying to reach Europe.

Three other rescue operations were underway on Monday to save hundreds more migrants in peril on overloaded vessels making the journey from the north coast of Africa to Europe.

The mass deaths have caused shock in Europe, where a decision to scale back naval operations last year seems to have increased the risks for migrants without reducing their numbers.

"The situation in the Mediterranean is dramatic. It cannot continue like this," said European Council President Donald Tusk, calling an extraordinary summit of EU leaders for Thursday to plan how to stop human traffickers and boost rescue efforts.

In Vienna, more than 3,000 people, including President Heinz Fischer, gathered at a memorial service for the dead. The demonstrators put candles on an inflatable raft in their memory.

EU ministers held a moment of silence at a meeting to discuss the crisis in Luxembourg. The bloc's executive, the European Commission, presented a 10-point plan to address the crisis, which would include doubling the size and the funding of "Triton," an EU naval operation in the Mediterranean.

But even that would leave the operation smaller and less well-funded than an Italian mission abandoned last year due to costs and domestic opposition to sea rescues that could attract more migrants.

Italy and Malta were working to rescue another two migrant boats with around 400 people off the coast of Libya on Monday. Hundreds of kilometers (miles) to the east, coast guards were struggling to save scores of migrants from another vessel destroyed after running aground off the Greek island of Rhodes.

Greek coast guards said at least three people were killed there. Television pictures showed survivors clinging to floating debris while rescuers pulled them from the waves. REUTERS

Possible death toll

900

Malta's Prime Minister Joseph Muscat said as many as 900 people may have died in Sunday's disaster off the coast of Libya when a large boat capsized. That is the highest death toll in modern times among migrants, who are trafficked in the tens of thousands in rickety vessels across the Mediterranean.

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Five things you need to know

1 Six Minnesota men charged with conspiring to support ISIS

U.S. authorities have charged six Somali-American young men from Minnesota with planning to join Islamic State and fight for the militant group in Syria, the U.S. attorney for Minnesota said on Monday.

The six were part of a larger group of friends and relatives that had been conspiring for the past 10 months, many trying multiple times to leave the country, U.S. prosecutors alleged.

They were arrested Sunday as part of a year-long FBI investigation into young men from the area trying to travel to join Islamic State, and there is no evidence they had plans to conduct an attack inside the United States, prosecutors said.

Dozens of people from the Minneapolis-St. Paul area, many of them young Somali-American men, have traveled or attempted to travel overseas to support Islamic State or Al Shabaab, a Somalia-based militant group, since 2007, according to U.S. prosecutors.

"We have a terror recruiting problem in Minnesota," U.S. Attorney for Minnesota Andrew Luger told a news conference.

Zacharia Yusuf Abdurahman, 19, Adnan Farah, 19, Hanad Mustafe Musse, 19, and Guled Ali Omar, 20, were arrested in Minneapolis. Abdurahman Yasin Daud, 21, and Mohamed Abdihamid Farah, 21, were arrested in California after driving from Minneapolis to San Diego. All are U.S. citizens. **REUTERS**

2 New Jersey Gov. Christie's approval rating falls to lowest yet

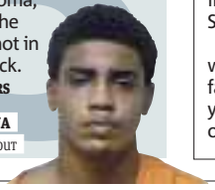
New Jersey Gov. Chris Christie continues to lose favor at home, with a poll on Monday showing his lowest approval rating as governor as he attempts to woo would-be voters in other U.S. states for a possible 2016 Republican presidential campaign. New Jersey voters disapprove of the job Christie is doing by 56 percent to 38 percent, his lowest-ever approval rating, according to a Quinnipiac University poll. **REUTERS**

CHRISTIE
GETTY IMAGES

3 Teen faces life term for killing man out of 'boredom'

A teenager convicted of fatally shooting an Australian jogger in 2013 out of boredom faces life in prison without the chance of parole after he is sentenced in June, Oklahoma prosecutors said on Monday.

Chancey Allen Luna, who was 16 at the time of the crime, was found guilty on Friday of first-degree murder in the drive-by shooting of Christopher Lane, an Australian baseball player who was visiting his girlfriend in Duncan, Oklahoma, when he was shot in the back. **REUTERS**



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4 Justices weigh white supremacist's challenge to sentencing law

The Supreme Court on Monday weighed whether part of a tough federal criminal sentencing law should be struck down for being overly broad as the justices heard an appeal by a Minnesota white supremacist sentenced to 15 years in prison for illegally possessing a firearm.

Several of the nine justices indicated a willingness during the one-hour oral argument in the case to vote in favor of defendant Samuel Johnson.

If Johnson wins, he would be resentenced, facing a maximum 10-year sentence instead of 15 years. **REUTERS**

5 US tightens screening of airport workers after gun arrest

U.S. airport workers will be subject to extra security screening under new rules prompted by the arrest of a baggage handler in Atlanta on gun smuggling charges, federal authorities said Monday.

Airport and airline employees will now have to be screened before flying by the Transportation Security Administration, Homeland Security Secretary Jeh Johnson said. They also face increased random screening throughout the workday. **REUTERS**

Robert Kiyosaki will not attend this event.

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Life or death? Boston bomber's trial turns to sentencing phase

Next step. Neither prosecutors nor defense lawyers have said publicly who they will call as witnesses.

Court sketch of Tsarnaev by Jane Flavell Collins
NICOLAUS CZARNECKI, METRO

Convicted Boston Marathon bomber Dzhokhar Tsarnaev is set to return to court today for the next phase of his trial, when prosecutors will argue that he should be sentenced to death for his role in the deadly attack in 2013.

In sharp contrast to the guilt phase of the trial, when lawyers for the ethnic Chechen defendant did not contest that their client had killed three people and injured 264 in the bombing, the next four weeks are expected to feature emotional testimony from both sides as Tsarnaev fights for his life.

The question of whether Tsarnaev, 21, should live or die is highly controversial around Boston. Polls have shown that a plurality of area residents, 49 percent, prefer a life sentence, and family members of two of the people he killed have also spoken out against executing him.

Citing al Qaeda materials found on Tsarnaev's computers, and a note suggesting the April 15, 2013 attack was an act of retribution for U.S. military campaigns in Muslim-dominated nations, prosecutors contend Tsarnaev wanted to "punish America" in an attack that showed a callous disregard for human life. Defense attorneys have tried to paint Tsarnaev, who immigrated from Russia a decade before the attack, as adrift and under the influence of his older brother, 26-year-old Tamerlan, who died following a gunfight with police hours after the pair shot dead an officer. **REUTERS**

Drivers

Uber must face lawsuit claiming it snubs blind people

Uber must defend against a lawsuit accusing the popular ride-sharing service of discriminating against blind people by refusing to transport guide dogs, a federal judge ruled.

In a decision late Friday night, U.S. Magistrate Judge Nathanael Cousins in San Jose, California, said the plaintiffs could pursue a claim that Uber was a "travel service" subject to potential liability under the Americans with Disabilities Act.

The judge also rejected Uber's arguments that the plaintiffs, including the National Federation of the Blind of California, lacked standing to sue under the ADA and state laws protecting the disabled.

Uber was given 14 days to formally respond to the complaint. The company and its lawyers did not immediately respond on Monday to requests for comment. The NFB and lawyers for the plaintiffs did not immediately respond to similar requests. **REUTERS**

Uber / REX USA

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Hipster goes half-and-laugh

Quirky beard photos

Artist gets surreal with half a beard

If you think the hipster beard trend is getting a bit bland, put the fun back into the fuzz (well, by half) as Adriano Alarcon did for his quirky series. The Brazilian photographer shaved off one side of his beard and accessorized half of his face with funky items like popcorn, chocolate sprinkles and plastic bugs. **MWN**

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Q&A

Adriano Alarcon, photographer and art director

Why did you decide to do this project?
Just to have fun.

That's a thick (half) beard. How long did you grow that for?
Four months, and the last month was pretty rough. In that time, it takes more time to dry the beard than your hair. And I decided not to trim any little bit of the beard to make it as rough as it could possibly be.

How did you decide what to stick on your face?
During the last month of growth, I started collecting objects to wear, from plastic insects to candies. The objects don't have any relationship between them.

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Advance registration is not required, but seating is on a first come, first seated basis.

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Marathon Monday. Rain, wind no match for 119th Boston Marathon

Despite a chilly rainfall, throngs of spirited spectators lined the 26.2-mile Boston Marathon route yesterday, ringing cowbells and cheering on the thousands of marathoners as they powered toward the Boylston Street finish line.

Lelisa Desisa, of Ethopia, won the men's race with an unoffical time of 2:09:17.

Caroline Rotich, of Kenya, captured the women's division with an unofficial time of 2:24:55.

Tatyana McFadden successfully defended her title in the women's wheelchair division, winning with a time of 1:52:54. It was her third Boston win.

Marcel Hug, who finished in fourth place in the men's wheelchair event the past two years, broke through for the win with a time of 1:29:53, nine minutes shy of the course record. METRO

The "Cowboy Hat Hero," Carlos Arredondo, holds a "Boston Strong" banner near the Boylston Street finish line. / NICOLAUS CZARNECKI, METRO

Lelisa Desisa, of Ethiopia, takes first place in the men's division.

Are you HIV + and looking to make a difference?

Researchers at the Rockefeller University are looking for volunteers to come to Rockefeller's campus to donate blood, which will be used to evaluate HIV levels and types of HIV in volunteers that are on or off HIV treatment

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Success secrets for recent grads

Thrive. Glamour magazine asks women leaders to share their tips.

The weeks before a student's college graduation can be equal parts exciting and terrifying — as college seniors eagerly prepare themselves for life in the real world and their first jobs.

AS YOU HEAD OFF INTO THE REAL WORLD, KEEP THESE TIPS IN MIND. / ISTOCK

"What you study is not necessarily where you'll end up in life," notes Malena Higuera, the senior vice president of marketing for L'Oreal Paris. Higuera was one of the guests at a recent panel entitled "How to Get Your Dream Job — The New Success Secrets for 2015" hosted by Glamour magazine. Other guests on the all-star panel included "Transparent" star Gaby Hoffmann, First Lady of New York City Chirlane McCray and the best-selling novelist Jennifer Weiner. We've rounded up some of their best advice for new grads:

The winners of Glamour's Top 10 College Women 2015 contest were honored last week. / BEN ROSSER, BFANYC.COM

How to choose the right career path

"My only ambition was to be happy, and to do so, I knew that I had to act," says Hoffmann. "I needed to know myself and figure out what I really wanted. I didn't do anything for a while and then started taking every single job. This is when I realized that acting was what made me happy and where I wanted to be in life."

Look to learn on the job

"I started at a crappy newspaper where I would cover every single thing for two and a half years before I decided to leave," recalls Weiner. "This experience was the best I could have ever had because it gave me the foundation of my actual job. My advice is to start small so you won't get disappointed later on."

Embrace the teachable moments

It's especially important, says McCray, to "push past your comfort zone and get out there. Make mistakes. You'll learn from them."

Weiner echoes the sentiment. "You are going to learn from bad experiences so don't be scared to take risks," she says.

JOANNE REINAUD
@metronewyork
letters@metro.us

Standout student

Special honors

Glamour magazine also honored NYU junior Mansi Prakash, who was declared the grand prize winner of the magazine's Top 10 College Women 2015 contest. Prakash's nonprofit "Brighter Today" is working to bring electricity to every home in India by sending environmentally friendly lightbulbs to small villages.

What's Different About SUNY Empire State College?

So what's different about Empire State College? As a college geared toward adult learners, who often have work, family and civic commitments, our mission is to give you a high-quality SUNY education that is innovative and flexible enough to fit your schedule.

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At the heart of the Empire State College experience is the student's relationship with their faculty mentor, who acts as advisor and guide, from enrollment to graduation. You're assigned a mentor who will help you plan your degree program, select your courses and instructors, encourage you and listen to your concerns as you study independently.

If you're an undergraduate student working towards your associate or bachelor's degree, one of the first decisions you will make is deciding how to study – whether it's face to face at a location, online, in study groups, at weekend residencies or a combination of these study options. With the support of your faculty mentor, along with student services professionals and support staff, you're never alone on your educational journey.

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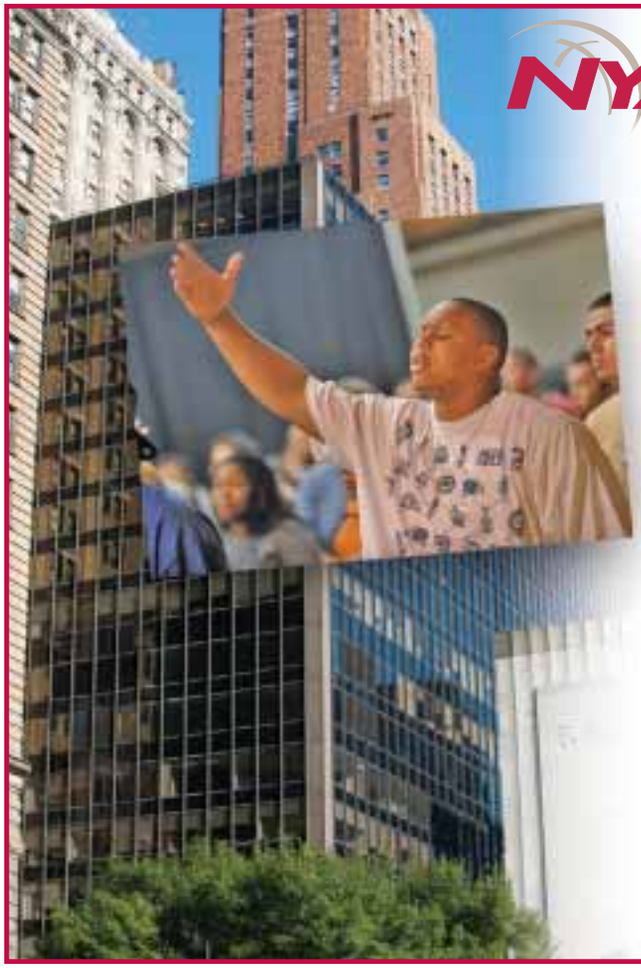

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Love to cook?

If you have been dreaming of a career in the culinary arts, whether as a prep cook, restaurant owner, pastry chef or one of the many other exciting industry titles, then now is the time to get trained to start on your future career path!

The Center for Economic and Workforce Development at the beautiful sea side campus at Kingsborough Community College in Brooklyn, NY offers this one of a kind culinary arts training through the Northeast Resiliency Consortium (NRC). This accelerated 6 week course will begin in June of 2015 and will prepare individuals for employment and career advancement in the high-growth sector of the culinary arts industry.

Want a career change?

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If you are interested in learning more about NRC and the opportunities available, **contact us at 718-368-4637** or via email at **cewd@kbcc.cuny.edu** to sign up for an application session on campus. Be sure to visit our website at **www.cewdkbcc.com**.

*To be eligible to apply for NRC, you must be 18 or older, hold a high school diploma or GED and be legally authorized to work in the United States. Other eligibility requirements may apply.

This workforce solution was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership. The Northeast Resiliency Consortium program is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.

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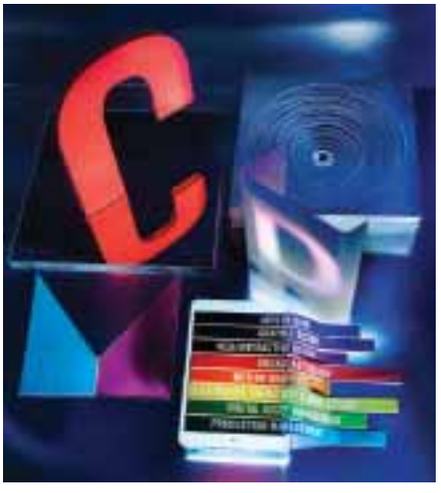

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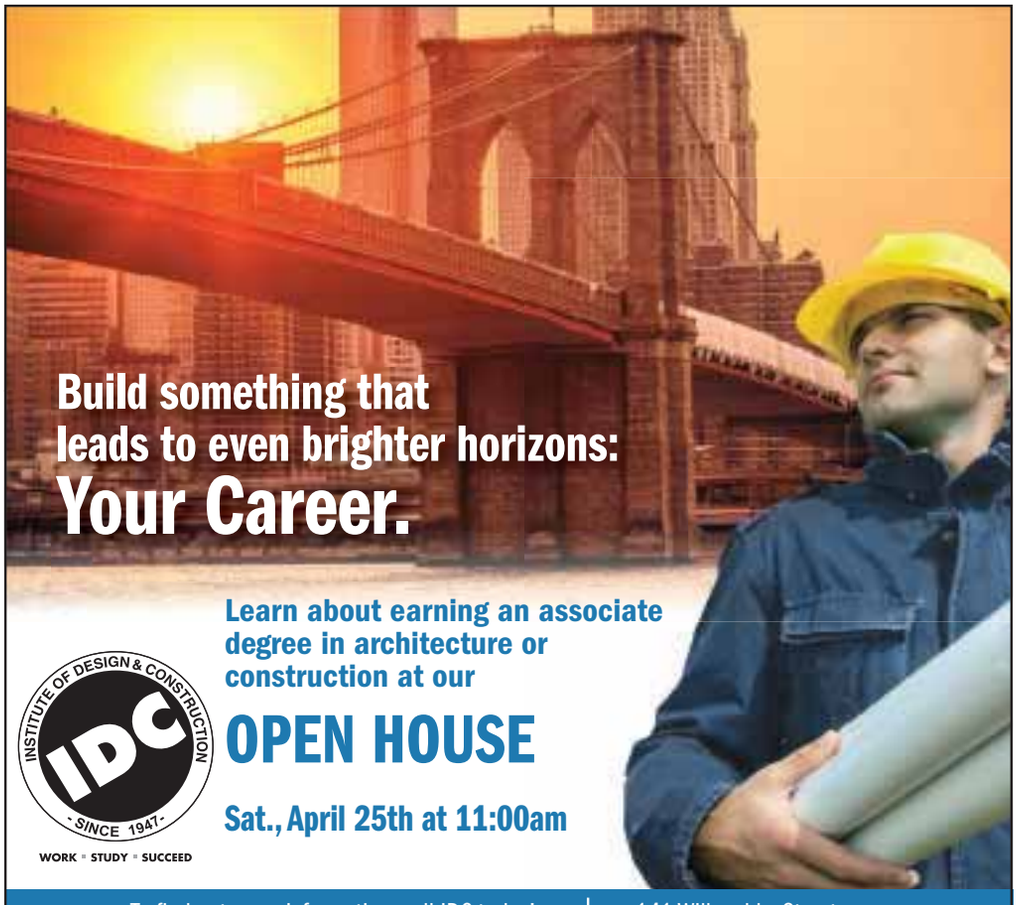

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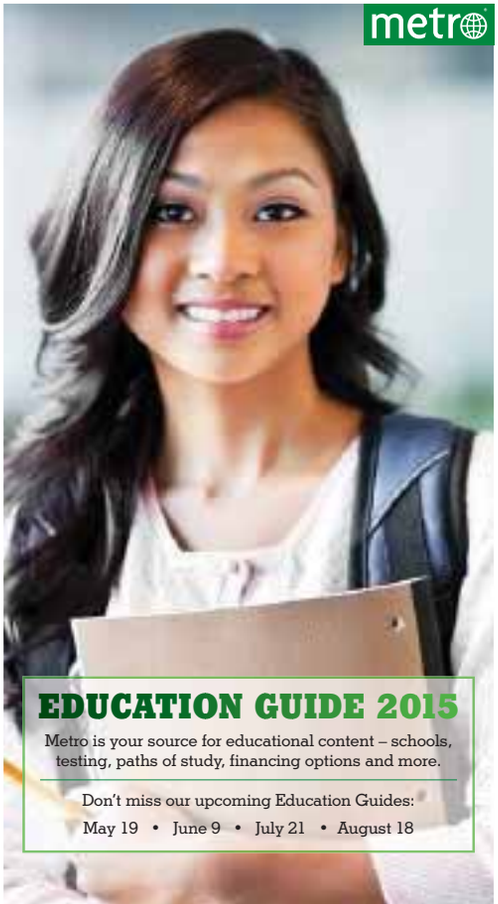
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A condensed six-week schedule—which includes evening courses—allows you to pursue your academic goals along with your usual summer activities. Summer Term's open-enrollment policy makes it easy to satisfy prerequisites for bachelor's or master's degree, broaden career options, or focus on a particular topic of interest. Simply visit our website to register.

Professional Development:
Whether your field is criminal justice, education, communication, project management, or computer science, Boston University Summer Term is a great place to improve professional skills. Also look for business courses for non-business majors.

Personal Enrichment:
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Foreign Languages:
Summer Term offers language study in Akkadian, Amharic, Arabic, Chinese, Egyptian (Hieroglyphs,) French, German, Italian, Japanese, Korean, Latin, Russian, and Spanish. Comparative literature courses include *Japanese Popular Culture* and *Inventing Spanish America: Beyond 1492.*

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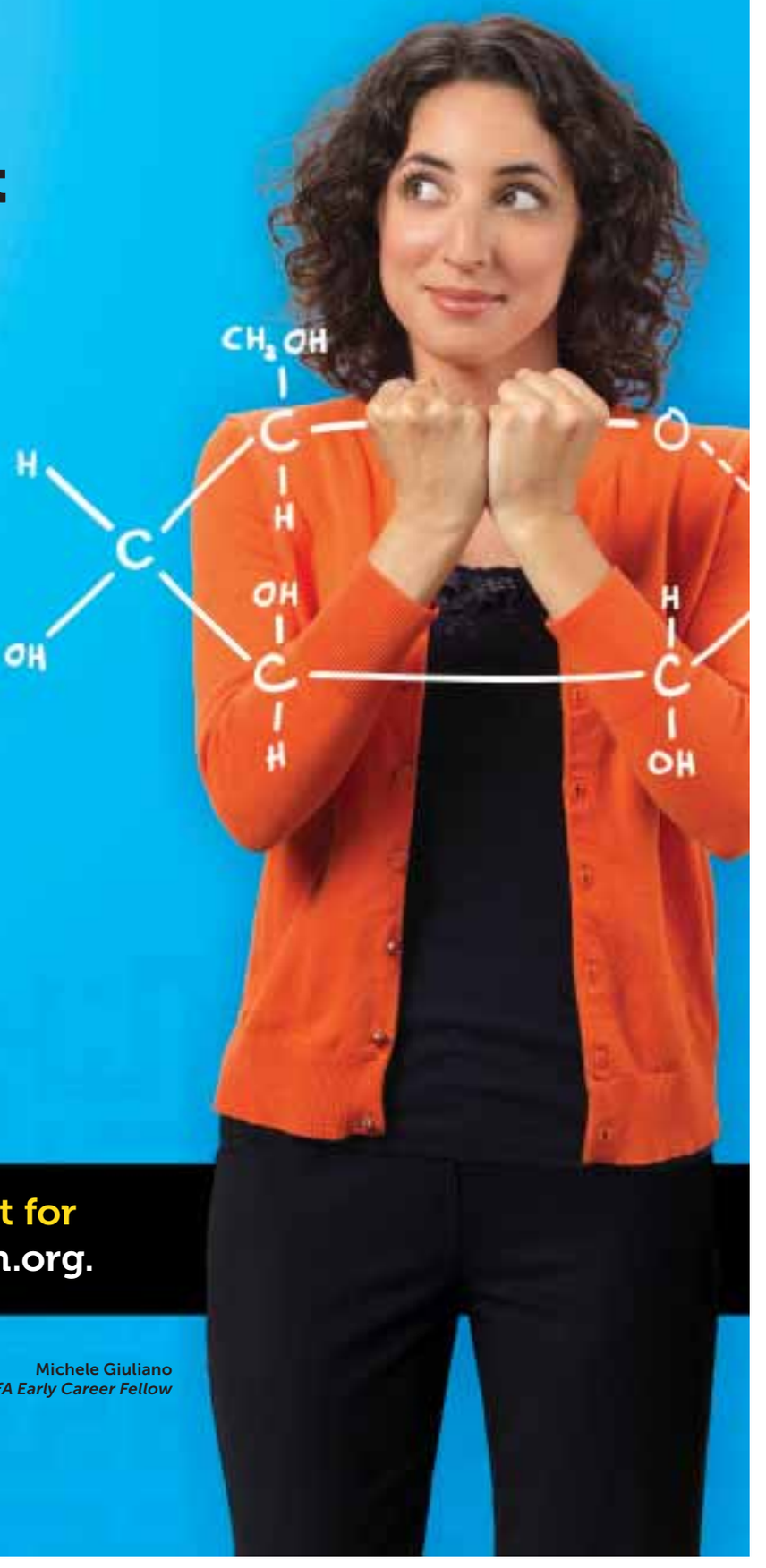

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• Indesign & Illustrator: Desktop Publishing	Sat	4/25-6/13/15	7pm-9pm
• Certificate in QuickBooks: Computer Applications in Accounting	Sat	5/2-6/13/15	9am-2pm
• Periodismo y Redes Sociales 1	T, TH	4/28-5/28/15	6pm-9pm
• Periodismo y Redes Sociales 2	T, TH	6/09-7/9/15	6pm-9pm

Health Careers Certifications

• Dental Assistant Program	M, W	5/11-8/12/15	6pm-9pm
• CNA	M-Th	5/18-7/30/15	6pm-9pm
• CNA	M-Th	6/1-7/14/15	9am-2pm
• Certified Electrocardiography Technician	T, TH	4/28-5/28/15	6pm-9pm
• Certified Electrocardiography Technician	T, Th	6/2-7/2/15	6pm-9pm
• Certified Phlebotomy Technician	M-Th	5/18-7/1/15	6pm-9pm
• Clinical Medical Assistant Program	M, T, Th	6/9-9/28/15	6pm-9pm
• Medical Billing & Coding Specialist	T, Th	5/5-3/3/16	6pm-9pm
• Pharmacy Technician Certificate	T, W, Th	5/19-7/30/15	6pm-9pm
• Protección de Alimentos	Sat	5/2-5/9/15	9am-5pm
• Protección de Alimentos	Sat	6/6-6/13/15	9am-5pm

Professional Cerificate Programs

• Teacher Assistant Certificate	M, W	5/11-8/5/15	6pm-9pm
• Prevention & Invention (DASA)	T, TH	5/12-5/14/15	6pm-9pm
• Security Guard 8 Hour Certfication Course	Sat	4/25/15	9:30am-5:30pm
• Security Guard 16 Hour Certfication Course	F, Sat	5/29-5/30/15	9:30am-5:30pm
• Paralegal Studies	M, W	5/18-8/31/15	9:30am-2:30pm
• Certificado de Proveedor de Cuidado de Niños	M, W	5/11-6/15/15	6pm-9pm

Education & Language Skills

• HSE Prep (GED) - English	M, W	5/27-8/13/15	9:30-12:30pm
• HSE Prep (GED) - English	T, Th	5/26-8/17/15	6pm-9pm
• HSE Prep (GED) - Spanish	M, W	5/27-8/13/15	9:30-12:30pm
• HSE Prep (GED) - Spanish	M, W	5/27-8/13/15	6pm-9pm
• English Links Intensive Weekend	Sat	4/25-6/13/15	8:30am-2:30pm
• English Links Intensive Weekday	M-F	5/18-7/28/15	9am-1:30pm
• Ingles Como Segundo Idioma (ESL)	M, W	5/11-7/20/15	6pm-9pm
• Ingles Como Segundo Idioma (ESL)	T, Th	5/12-7/16/15	6pm-9pm

Children's Programming

• College for Kids (Academic Enhancement)	Sat	5/2-6/13/15	9:30am-1:30pm
• College for Kids (Cultural & Recreational Enrichment)	Sat	5/2-6/13/15	2pm-5pm

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Division of Continuing Education & Workforce Development

Get a Quick Start to Animation in Maya

Touro College Graduate School of Technology Offers Free Institute for IT Pros and Designers

In the rapidly-changing world of art, design and technology, staying current and acquiring new skills is critical to career success.

To help art enthusiasts and design professionals add an important skill to their portfolios, Touro College Graduate School of Technology (GST) will present a special workshop for tech employees called "Get A Quick Start to Animation in Maya."

Conducted by Josh Planz, adjunct professor in GST's web and multimedia design program, this two- hour institute will teach participants how to navigate the interface and create simple, primitive shapes, key-frames and edit in animation from Maya's Time Slider and Graph Editor. Workshop attendees will also learn how to animate objects along a path and will gain a basic understanding of the hierarchy system in Maya and the skills to animate comfortably through Maya.

Touro's Graduate School of Technology trains students in several areas, including computer networking, database administration, web design and development, mobile web creation, and teaching technology in classrooms. The school offers four Master of Science in Information Systems degree programs: Database Systems; Data Communications; Technology Leadership / Project Management; and Web and Applications Development, in addition to a Master's in Instructional Technology and Web and Multimedia Design.

Touro's GST continues to offer workshops and seminars that cater to the needs of life-long learners and career professionals.

"Get a Quick Start to Animation in Maya" will be held on Wednesday, May 20 from 6:00 to 8:00 pm at the main campus of Touro College in Manhattan, 33 West 23rd Street, DMX Lab 2, basement. Pizza will be served at 6 pm.

"Get a Quick Start to Animation in Maya" is free and open to the public, but seating is limited and reservations are required. Anyone interested is encouraged to register by (May 17) at gst.touro.edu For more information, call 1-877-669-7227 or email info.gst@touro.edu

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Justin Timberlake posts first photo of baby Silas

Justin Timberlake has skipped the usual "premiere your baby in People magazine" celeb baby debut, and opted instead for a social media debut. The singer posted a pic of wife Jessica Biel and baby Silas over the weekend to Instagram with the caption "The Timberlakes are ready!!! GO GRIZZ!" Looks like little Silas is already a big basketball fan, as he's got his finest Memphis Grizzlies shirt on for the occasion.

True love never lasts: Big Sean and Ariana Grande broke up

Just a few days after Big Sean made a dirty joke about girlfriend Ariana Grande on Instagram, the duo has split. Their reps even confirmed it to US Weekly, saying, "They both deeply care for each other and remain close friends. We kindly ask that the media respect their wish for privacy regarding this personal matter at this time." Is love even real anymore? And aren't you glad you don't have to have a publicist release a statement every time you get dumped?

THE WORD

Lisa Weidenfeld takes on the world of gossip.

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

1 Bobby Brown, Houston family disagree about Bobbi Kristina again

Bobby Brown announced at a concert on Saturday that daughter Bobbi Kristina is awake from her coma, only to have the Houston family deny Monday that any changes had occurred in her condition. Rumors have flown constantly about the state of her health, and with Brown's sister Tina confirming his news in a Facebook post, he eventually had to have a lawyer clarify what had happened. The official statement is that "there has been improvement," but that "the quality of her life will not be known for years to come."

2 Russell Crowe: Buying a rugby team ruined my marriage

You know that old stereotype where wives are annoyed at their husbands for spending too much time watching the game? If you're as rich as Russell Crowe, you can just go ahead and buy the team, but your wife will still be annoyed. The actor bought the South Sydney Rabbitohs in 2006 and told CBS that it was "a good business decision," but "it's taken a lot of work, and it's probably cost me a marriage." The actor has been separated from wife Danielle Spencer since 2012, but on the upside, his rugby team won the Rugby League Championship last year. So, silver lining?

ALL PHOTOS GETTY IMAGES

3 Morgan Spurlock says Harry Styles is going to leave One Direction next

The foremost expert on One Direction, documentary filmmaker Morgan Spurlock, shared his theory that Harry Styles will be the next member of the boy band to depart. Spurlock directed the One Direction doc "One Direction: This Is Us" and told TMZ that he thinks Styles will be the one to follow Zayn Malik out the door. He didn't provide a timeline, though. We're going to need specifics here, Spurlock.

2 CULTURE

Twitter feed

Anna Kendrick is prepared to replace Zayn, Mindy Kaling talks skin care, Kim Kardashian is traveling, Ricky Gervais is anti-hunting and Taye Diggs is feeling inspirational.

@AnnaKendrick47: I heard @onedirection has a job opening... and from certain angles I look like a british teenage boy soooooooooooo

@mindykaling: I will know I'm famous if I have a major cosmetic dermatologist in my entourage

@KimKardashian: This jet lag is crazy! I can't sleep!!!

@rickygervais: You know that feeling of joy someone gets when they put an arrow through a giraffe's eye.....No, me neither.

@TayeDiggs: A day without laughter is a day wasted. #CharlieChaplin

Spring must-have: The bucket bag

Halfway between a tote and a backpack, the bucket bag is playful and practical for toting all your daily necessities.

ELODIE NOËL, MWN

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Channel Jane Birkin

Denim. Flare jeans are back with a vengeance. Update your spring wardrobe with one of these pairs.

If there's one trend we can't escape this spring, it's the '70s. The decade is raging harder than ever, and in the center of it all is the flare-leg jean. The look is one that anyone from the most fashion-obsessed to the sartorially laid-back can get behind — thanks to its figure-flattering silhouette. Slip into a pair, and it instantly elongates your legs and slims your waist. And the must-have item is an easy way to update your wardrobe for the season — and beyond: Wide-leg pants held strong on the fall runways as well. So ease up on your skinny jean rotation and get in the groove with these picks.

TINA CHADHA
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tina.chadha@metro.us

Tommy Hilfiger Spring 2015 / GETTY IMAGES

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You don't want to go camping with this guy. / CLAY ENOS

Michael Douglas thinks evil is fun

Interview. The veteran actor talks villains, "Beyond the Reach" and "Ant-Man."

As the trailer for "Beyond the Reach" makes clear, you don't necessarily want to take Michael Douglas' eccentric billionaire character hunting out in a hostile, remote environment since he might just decide to start hunting you. Douglas, who will next pop up as Hank Pym in "Ant-Man," relishes the chance to let loose with a really evil character. Especially when he gets to drive a $500,000 Mercedes.

Why won't you leave that nice boy alone?
I know! Well, we had a deal. I remember working on that scene with him. I negotiated with him and made a perfect deal. We shook hands on it, and then he reneged. And what am I going to do? I can't trust him.

When you're approaching a character like this, how much fun is it to just let that malevolent side just run free?
It's such a ball. It's the most joy — because I'm not a comedian — other than getting a good laugh or trying to do a funny part.

Bonus questions

So villain-wise, how does this character compare with your next role coming up, Hank Pym in "Ant-Man"?
It's very different. I mean obviously, as we talk I'm sure I'm going to get a blowgun to the back of the neck from the Marvel security forces that march around like my god. But no, the character of Hank Pym is very different, very different than this one. More intelligent and more controlled.

Well, we certainly don't want you getting shot with anything.
No, we don't.

But the freedom of evil in a theatrical role is great. Going back to, obviously, Gekko. I don't know if this is "Fifty Shades of Grey," but it's a shade of grey from Gekko. People love villains, and most actors have given some of their best performances playing really bad guys. It's that freedom that doesn't allow you in a civilized society to behave that way, so the audiences kind of vicariously enjoy it — and so do you. But it's true, you have to anchor it in some kind of justification, otherwise it just gets off the track.

Gekko aside, how do you think this guy stacks up against some of your other villain roles?
This was pretty far over the top in a lot of ways. But I read this book back in the early '70s. It was originally called "Deathwatch." Obviously at the time, I identified with the Jeremy Irvine part, but it had this sort of larger-than-life monster movie quality, so I tried to complement that with the car — and we lucked out with this Mercedes, which is just being released and is kind of the perfect vehicle. So I think it's a little broader, not quite as nuanced as some of the other ones I've done.

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TV watch list

REALITY

'Hell's Kitchen'

The contestants cook for special guest John Ratzenberger, whom you may remember from "Cheers" or from how he has been in every single Pixar movie.
8 P.M., FOX

COMEDY

'Fresh Off the Boat'

Jessica wants the family to have more connection with their Chinese roots, which means Eddie has to do a special report on the family's home country for a school project.
SEASON FINALE,
8 P.M., ABC

DRAMA

'Chicago Fire'

Casey finds some time for a little project in his off-hours: remodeling a strip club. He's not sure whether to trust the owner, however. **10 P.M., NBC**

TALK SHOWS

'The Tonight Show Starring Jimmy Fallon'

Blake Lively stops by to talk about that movie where she's immortal, but the important thing is that Weird Al will be sitting in with the Roots during the show. **11:35**
P.M., NBC
LISA WEIDENFELD

Ratzenberger plays the yeti in "Monsters, Inc." and the pig in "Toy Story" and one of the travelers in "WALL-E"! / GREG GAYNE, FOX

'I'm serious and dour'

Interview. Comedy legend Rowan Atkinson reflects on the enduring appeal of Mr. Bean.

Rowan Atkinson's Mr. Bean, with his teddy, attempts relaxation. / PROVIDED

Rowan Atkinson is more than Mr. Bean, his tweedy, mostly silent comic creation who terrorized TV screens in the '90s. But it remains the performer's most returned-to character, yielding two movies and an animated series, which recently returned to British TV. And the original 15-minute live-action episodes have been newly released on home video for more careful study.

How was the character born?
It started with a very simple idea of my friend, screenwriter Richard Curtis [of "Love Actually" and "Notting Hill" fame]. Richard offered to show a man who constantly falls asleep anywhere, so we developed this idea and drew a sketch. That was an outline of the episode "Mr. Bean in the Church," when he fell asleep in the lap of a man sitting beside him. Mr. Bean is a person who I became when I was not allowed to speak. When he talked a lot, for example, at the end of the first film, and where he had a long monologue, it caused controversies in our team. We were not sure whether we should allow him to be so talkative.

Would you say you're at all like him?
It's hard to say. He certainly is not a part of me. It's probably my reflection when I was 9 or 10 years old. After all, Mr. Bean is really a "kidult."

Mr. Bean is a mostly physical comic character. Who were some inspirations?
I love the work of French comedian Jacques Tati. Few people know him, but he filmed very funny comedies between the 1940s and 1960s and became a significant person in this genre. Of course, I admire such iconic actors as Charlie Chaplin, Buster Keaton, Harold Lloyd and Stan Laurel. But Jacques Tati inspired me; his work showed me visual comedy is exactly the thing where I want to achieve success.

ROWAN ATKINSON
GETTY IMAGES

Do you tend to be funny in your every day?
No, I'm serious and even a little dour. And in regard to work, unfortunately, I'm a perfectionist. When I watch movies or TV shows from the past, I never laugh and always say, "Everything is wrong."

One more thing

Do you enjoy watching yourself?

Sometimes it's useful to leave viewing aside for later. For example, I was recently on a plane and watched "Blackadder," which we filmed more than 20 years ago. I looked and thought, "So, what? Everything is fine!" I guess I have already forgotten all the mistakes and the complexity of creating this work. And I just watched a good show, like a normal person. So I can enjoy my own work but it takes so much time for me to do that.

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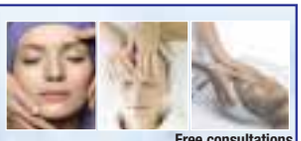

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This 25-year-old may be the new Mark Zuckerberg

Catherine Cook knows how to meet people. / PROVIDED

Apps. In high school, Catherine Cook couldn't find a social network she liked, so she invented one.

There are lots of ways to deal with being the new kid in school, but most of them don't eventually lead to you running a tech company that hit $44.8 million in revenue in 2014. But that's what happened to Catherine Cook, who founded a social networking site in high school that would eventually become MeetMe, a mobile-friendly program designed to help users meet new people. We talk to her about why it just might replace Facebook.

Where did the idea for MeetMe come from?
The whole idea for the company actually started as a way for my brother and I — we were both new in our high school — as a way to make new friends. We were a sophomore and junior in high school, so it was like one of those schools where everyone else seems to have been there since maybe kindergarten, so it was hard breaking into the groups.

How long did it take for it to turn into an actual business?
We were kind of unlike other teens because we had watched our oldest brother, Jeff, start and grow a company while he was in college, so when we had this idea, we were like, "Oh, we have to go for it." When we launched it in our high school, the way we got people to sign up was from wearing funny T-shirts to school every day that said something like, "Answering the questions that matter most: Who are your friends' friends, and are they hot?" We got to 400 users in a couple of months, and then nine months after, we had our first million members. And now we have a million people logging in every day.

How important is it to keep the company so mobile-focused?
It is 80 percent of our traffic. We are completely mobile — first in how we think about what we're doing with the company and everything. Being in that demo myself — I'm 25 — I get, like, panic attacks if I'm not near my phone. It's pathetic, but that's the state of things. We know that our mobile users actually will log into our app more than 100 times a month. These are short bursts, generally — like when they're in line at Starbucks or throughout the day. Mobile is just so much more engaging.

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Quoted

"We know that our mobile users actually will log into our app more than 100 times a month. These are short bursts, generally — like when they're in line at Starbucks or throughout the day. Mobile is just so much more engaging."

Cook, on the importance of MeetMe being a mobile-focused company

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ISTOCK

Strike (the right) pose

Yoga classes are not all ohms and sun salutations — choose your path with our guide.

EVA KIS
@thisiskis
eva.kis@metro.us

"This is what we dreamed about back in the day, when people made fun of us and called us pretzels," Irini Res says about the early days of yoga.

The Ashtanga Yoga teacher at Alvin Ailey Extension took up the practice after battling breast cancer in 1996, which took her out of the high-powered career in banking she never stopped to realize wasn't making her happy. Yoga gave her not just balance but empowerment to fight the disease. "The only thing that gave me hope was to know that I could do something about it, [and that] was get home, relax, stretch, open up my heart, open up my body, align myself back and maybe in my own way drive this sucker out," she recalls.

There are dozens of styles, but "yoga is yoga in that we all do the same poses," says Res. It comes down to increasing balance, flexibility and strength, which are valuable at any stage of life. "Yoga takes your skeleton and puts it back in its proper alignment."

But not all yoga is the slow, meditative movements you first think of. Res walked us through the most popular classes — with one piece of advice for anyone looking to start their practice: "Come in with an open mind and know that you're going on a journey. You're going to feel a difference from the very first class."

Irini Res, center, has been in the fitness field for more than 30 years and now teaches Ashtanga Yoga. KYLE FROMAN, ALVIN AILEY AMERICAN DANCE THEATER

Yoga Journal Live!

Salute the newly returned sun at Yoga Journal Live! on April 23-27 at the Hilton. There are over 100 classes for kids, beginners and seasoned yogis, with meditation and therapy-focused lessons, and a Life in Balance speaker series of more than 30 of the most renowned teachers, including Rodney Yee and Kathryn Budig. Some of the lectures and community classes, as well as a yoga market, are free, while full-day and weekend workshop passes are available for $285. Learn more at **Yjevents.com.**

Hatha

Hatha was the first yoga style to arrive in the States and remains the most popular. It's also the one where teachers have the most flexibility in their choice of poses, though they tend to involve more stretching, so classes may vary depending on who's leading it or the difficulty level. The speed of the class can also be slower, as a teacher may focus on holding a pose longer to teach proper breathing technique.
Good for: Beginners and traditionalists.

Ashtanga

"This is the only one that follows a primary series, poses set from back when Buddhist monks practiced in the monastery," says Res. Besides being the oldest, it is also one of the most intense practices, with constant movement through 20 poses (it's often listed as power yoga on schedules). "This is the harder one," she warns.
Good for: If you want a cardio element to your Zen.

The best class for you

Even if you're not looking to become a warrior yogi through Ashtanga, if that's what fits into your schedule, your teacher can help make it work for you; Res has several variations on a pose to suit different bodies and skills. But she does have one recommendation: "The body clock in the morning is tightest. As the day progresses, the body opens up and releases; the evening is a better time to do your practice."

Bikram

Also known as "hot yoga," Bikram will have you sweating before it even begins. Hot yoga rooms are heated to about 105 degrees, which can boost the metabolism — but it's not for everyone. "When you heat up the body like that, you can overstretch and pull something. You're also not breathing as deeply," Res warns. "It's the breathing in conjunction with the poses, that's what causes the body to become aligned." Hydration becomes extra important, so bring water.
Good for: A deeper stretch — just go slowly.

Eat like a modern Viking

Learn the healthy secrets of the Scandinavians.

ELODIE NOEL, MWN
letters@metro.us

The Scandinavians still maintain a strong connection to nature, which shows in their diet. ISTOCK

Enough with Mediterranean countries and Okinawa Island in Japan — Scandinavia is the new center of attention for nutritionists and advocates of healthy eating.

"We have shown that this healthy Nordic diet results in a lower risk of cardiovascular diseases, decreases [bad-to-good] cholesterol ratio and lowers blood pressure," explains professor Matti Uusitupa, leader of a new study of Scandi-cuisine. "It also results in decreased values of some inflammatory markers, which are connected to cardiovascular diseases and the risk of Type 2 diabetes."

Scandinavian obesity rates are between 10 and 15 percent, compared with 35 percent in the U.S. The Nordic diet — high in whole grains, vegetables, fruit and fish — is clearly one for those with a taste for staying trim.

Researchers at the University of Eastern Finland recently established that the Nordic diet reduces the expression of inflammation-associated genes in fat tissue, linked with chronic weight-related diseases.

"Weight loss has been shown to happen if the Nordic diet is used without any particular emphasis to do so," adds Uusitupa.

"The new Nordic diet is based on regional foods that bridge gastronomy, health and sustainability," explains the University of Copenhagen's Arne Astrup.

Food staples of the Nordic diet

Root vegetables: carrots, turnips, beets
Cruciferous vegetables: cauliflower, broccoli, cabbage
Dark leafy greens: kale, spinach
Foraged foods: chanterelles, wild mushrooms, fiddleheads
Legumes: beans, seeds, lentils
Whole grains: rye, oats, barley
Fruits: berries, apples, pears
Wild fish: salmon, herring
Wild, lean game: elk, venison

Recipe

Nordic Coq au Vin with Kale Salad

"Root vegetables are a basic ingredient in the Nordic kitchen," says Trine Hahnemann, author of "The Nordic Diet." "Use them in many ways. They are nourishing and cheap."

LARS RANE

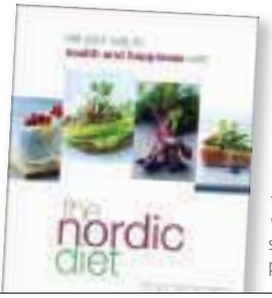
Ingredients:
- 1 big chicken
- 2 onions, sliced
- 2 tbsp. olive oil
- 4 cloves garlic, finely chopped
- 1¼ cups white wine
- 3 parsnips
- 3 carrots
- 2 sticks celery
- 3 bay leaves
- ½ cup horseradish
- 1 cup kale
- 1 cup feta cheese
- Salt and freshly ground pepper

For the dressing:
- 2 tbsp apple cider vinegar
- 1 tsp honey
- 1 tbsp walnut oil
- Salt and freshly ground pepper

Directions:

Cut the chicken into eight pieces. Heat olive oil in a saucepan and brown the chicken on both sides. Add onion and garlic and sauté lightly. Add white wine, salt and pepper. Cover and simmer for 20 minutes. Meanwhile, peel and cube the vegetables. Place them and bay leaves in saucepan with chicken and simmer for an additional 25 minutes. Add horseradish, season with salt and pepper.

While chicken simmers, wash, stem and chop kale. Grate feta into thin flakes and mix with the kale. Whisk together dressing and toss with the salad. Season to taste with salt and pepper.



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The reusable bag trap

They are good for the environment — but bad for your health.

DMITRY BELYAEV, MWN
metronewyork
letters@metro.us

Whole Foods banned plastic bags in its U.S., Canada and U.K. stores back on Earth Day, April 22, in 2008. GETTY IMAGES

Using a reusable bag to shop for groceries may be good for the environment, but it won't be doing wonders for your own waistline, a new study suggests.

The report from Harvard Business School, which looked at the buying habits of thousands of shoppers in California, revealed that those who bring a reusable bag to the grocery store are more likely to buy organic foods — but are also more prone to splash out on junk food.

"We find that when people bring their own grocery bags, they are more likely to buy organic produce, and they are also more likely to buy indulgent items like cookies, ice cream and snack chips," Uma Karmarkar, assistant professor of marketing at Harvard and co-author of the report, tells us.

Karmarkar and her co-author, Duke University's Bryan Bollinger, analyzed about one million transactions at a grocery chain over a two-year period, using data from customer loyalty cards.

How did they know the junk food splurges were because we're congratulating ourselves on being eco-minded shoppers? When the grocery store required shoppers to bring their own bags, they didn't buy the unhealthy foods.

"People feel they have done something good or virtuous," Karmarkar explains. "This creates what is called a licensing effect. Having already done one virtuous thing, people feel licensed to indulge more in later choices."

So next time you're shopping, think of the sea creature you could be saving by not using plastic bags rather than grabbing a bag of sea salt chips as a treat for yourself.

"People feel they have done something good or virtuous. This creates what is called a licensing effect. Having already done one virtuous thing, people feel licensed to indulge more in later choices."

Don't treat yo'self for going green. ISTOCK

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Fitness tip

One trick to a better bench press

Bench presses are a great way to build muscle, but you may want to keep supplements out of your routine. ISTOCK

If you're looking to build upper body strength, bench presses are a tried-and-true method to grow muscle mass. But researchers just found a way to make them even more effective.

A study just published in the European Journal of Sport Science looked at muscle contractions during free-weight barbell presses while the participants were on a bench inclined at 0, 30, 45 and −15 degree angles. While a flat bench activated both the upper and lower pectoral muscles, the steeper inclines of 30 and 45 degrees were better at activating the pectoralis major (the front, upper chest) muscle group and improved the length of contraction in all the major muscle groups involved in bench presses, including the triceps. The researchers settled on a recommendation of doing horizontal presses on a bench inclined 30 degrees to amp up the muscle-building power.

A note of caution

Muscle-building supplements claim to be the natural alternative to steroids for men looking to bulk up, but a new study finds reason to be concerned about certain ingredients.

Men who used pills and powders that contain creatine or androstenedione once a week or more had a 65 percent greater risk of developing testicular cancer than men who didn't use supplements, a Yale University study found.

The risk is even greater among men who began using the supplements before age 25 (221 percent), those who take multiple kinds of supplements (177 percent) and longtime users (256 percent).

EVA KIS

Horoscope

♉ Taurus | April 21-May 21
Increased responsibilities will highlight your dependability and knowledge. Your ability to get along with your peers will lead to great success.

♊ Gemini | May 22-June 20
You will experience emotional ups and downs. Forget about dealing with personal issues for now.

♋ Cancer | June 21-July 22
You will feel better once you reorganize and edit your personal papers. Nothing is more frustrating than searching high and low for something you need.

♌ Leo | July 23-Aug. 22
Being generous with your time as well as your cash will enable you to help those who need it most. A connection will arise.

♍ Virgo | Aug. 23-Sept. 22
If you want to be promoted, keep your personal matters out of the workplace. Your position will be jeopardized if you take time off.

♎ Libra | Sept. 23-Oct. 22
Social events will be a surprising source of educational information. Listen to others' opinions and suggestions in order to discover useful information.

♏ Scorpio | Oct. 23-Nov. 21
Improving your financial position takes effort. Keep abreast of information regarding investments. Act quickly.

♐ Sagittarius | Nov. 22-Dec. 21
Some friendships are not maturing as you'd hoped. If you decide to part ways with someone, be honest regarding your decision.

♑ Capricorn | Dec. 22-Jan. 20
Unnecessary worry will affect your sleep. A change in the workplace will cause insecurity and tension. Work diligently and mind your own business.

♒ Aquarius | Jan. 21-Feb. 18
Keep your temper in check to avoid unhappy conflicts. Becoming angry will not help your situation, but patience will.

♓ Pisces | Feb. 19-March 20
An elderly friend will need support. Recognizing his or her frustration will ease everyone's stress. Your compassion will be tested.

♈ Aries | March 21-April 20
Your popularity is soaring. New people you meet through travel or social media will be won over by your charm and sense of humor. EUGENIA LAST

Sudoku: Easy and hard

1					4		8	
2				5			7	1
		5			6	9		
5	9	7						
	8		1		3		5	
						4	2	9
		4	8			1		
7	5			2				4
	1		7					2

	2	5			9	6		
9	4		8		1		3	
6								
		2	1					
1	5		3		6		7	9
					4	5		
								6
	1		5		2		9	3
		9	6			8	2	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

Better give in to fast food workers' demands ... or else

Whenever a "demand" is made, if the demand is not met, an "or else" is always threatened. For example, a gun-wielding mugger demands you give him your iPhone and wallet "or else" he will shoot you. As for those fast food workers demanding a $15 minimum wage, what "or else" do they threaten should they not get their demand?

Since they're not union members (yet), they cannot (quasi-) legally threaten to destroy businesses or break heads of replacement workers.

But they can threaten, though implicitly, to, among other things: 1) spit on customers' food; 2) "forget" to wash their hands after using restrooms; 3) purposely make customers wait longer for their orders or give them "lip."

I think fast food store managers should pay the $15 minimum wage demanded, since it's a small price to pay for labor peace.

And they better get used to the idea of paying for labor peace once these workers get the "right" to join the unions, whose bosses and officials helpfully organized the protests.
ALTON YEE, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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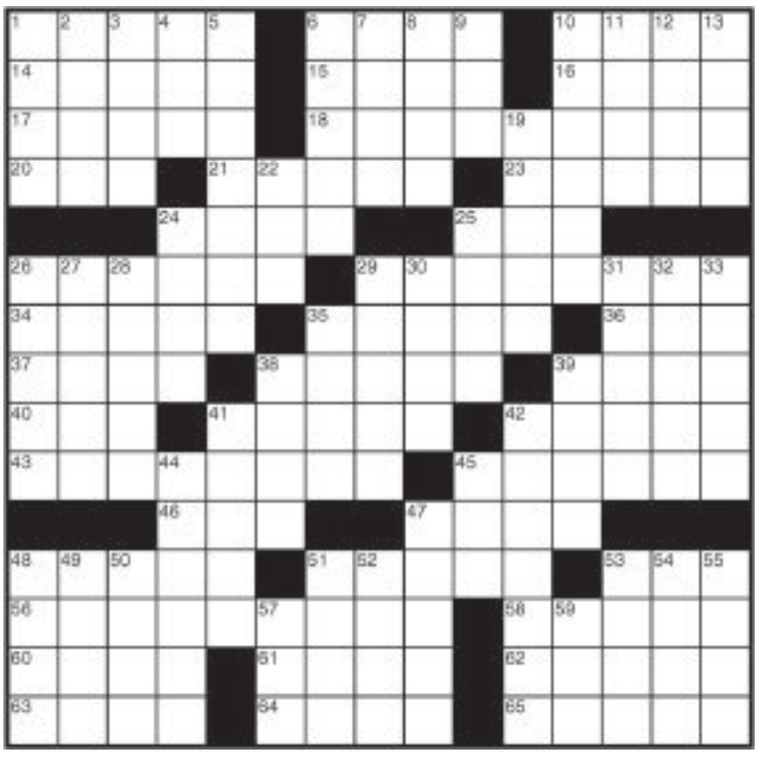
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Fallback strategy (2 wds.)
6 Fruit tree
10 Zwieback
14 Tybalt's slayer
15 Auel heroine
16 Offshore
17 Mountaineer's tool (2 wds.)
18 Beatles' hit
20 Word in a recipe
21 Tenet
23 Blues street in Memphis
24 Novelist -- Grey
25 Pecs' partners
26 Fossil resins
29 Side by side
34 Causes distress
35 Yawned
36 Vocalist — Sumac
37 Essay byline
38 Ran easily
39 Unhearing
40 Ingested
41 Dangerous woman
42 "Shut up!" (2 wds.)
43 Widely scattered
45 Reef builders
46 Estuary
47 Tea clipper
48 Seer's deck
51 Skyrockets
53 Kimono accessory
56 Waves
58 Gentles
60 Pledge
61 P&L gurus
62 Sports venue
63 Lodge
64 Cuba, to Castro
65 Flax product

Down
1 Stiffly formal
2 Focal points
3 Visa rival
4 Teachers' org.
5 Freight movers
6 Check endorser
7 Ogled
8 In addition
9 Chinese zodiac animal
10 Least common
11 Meat-grading org.
12 Close securely
13 Ms. Ballard
19 Flowed back
22 HMO staffers
24 Catherine — -Jones
25 Grew older
26 In the future
27 Vitamin lead-in
28 To the point
29 Not live
30 Sign on a door
31 Veld scavenger
32 PC message
33 Rides the rapids
35 Bloodshed
38 Mona —
39 Pub missile
41 Hotel offering
42 Beachfront
44 Bubbling
45 Many a URL ender
47 — nova
48 Low cards
49 At the drop of — —
50 Gam or Rudner
51 Ray gun blasts
52 Hyalite, in geology
53 Shaman's quest
54 Nota —
55 This — — outrage!
57 201, to Cato
59 Jackie's tycoon



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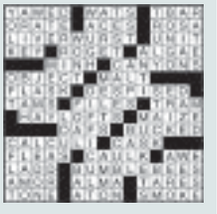

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3
SPORTS

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The Rangers did just enough to earn the "W" Monday. / GETTY IMAGES

Rangers hang on to take 2-1 series lead

NHL. The Rangers have regained home ice advantage with a big 2-1 victory in Pittsburgh Monday.

An opportunistic Rangers squad took advantage of a sloppy effort by the Penguins in Pittsburgh as New York won Game 3, 2-1, Monday night.

The victory swings home-ice advantage back to the Big Apple as the Rangers prep for Game 4 in the Steel City on Wednesday.

Early aggression paid off, with the Rangers completely outworking Pittsburgh for the first two periods. Henrik Lundqvist was solid (23 saves) as the New York defense curbed Sydney Crosby and Evgeni Malkin to preserve the victory.

Clinging to the slimmest of leads, the Rangers held their own against an onslaught from the Penguins during the last few minutes of game time.

Pittsburgh resembled a completely different team in the third period, outshooting New York, 13-7, after the Rangers held the Pens to 11 shots in the first two frames (New York had 19). After a timeout with just 13.8 seconds left, the Rangers averted disaster as the clock hit zero before the Penguins could score the equalizer.

Carl Hagelin got the scoring started for the Rangers, giving New York its third straight first-period goal in the three games of the series.

The Blueshirts opened a comfortable lead midway through the second, when Chris Kreider punched in a Mark Staal shot off the boards to beat Pittsburgh's Marc Andre-Fleury a second time, giving the Rangers a 2-0 lead.

The Penguins got on the board with just under seven minutes to go in the final frame, when an errant rebound after a Lundqvist save resulted in a Patrick Hornqvist goal to get Pittsburgh into striking distance.

Isles set to go

The Islanders can put a stranglehold on their series against the Caps with a win Tuesday night.

- New York can get a 3-1 series lead with a win in Nassau, a 7:30 start on MSG+.
- The Capitals are likely to send out Braden Holtby to man the pipes again. He has a .926 save percentage but has not been getting help in front of him as the Capitals have lost both games he's played.
- Jaroslav Halak has been sharp in goal for the Islanders so far; he has a .929 save percentage in three games but has faced only 85 shots, pointing to a strong defensive effort by the Isles this round.

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1. AMS 700® Patient Manual. Information and Instructions for Patients Considering an Inflatable Penile Prostheses. American Medical Systems. 2012.
2. Viagra® Prescribing Information, Pfizer Inc. Revised January 2010.
3. Cialis® Prescribing Information, Lilly USA, LLC. Revised October 2011.
4. Levitra® Prescribing Information, Bayer HealthCare Pharmaceuticals. Revised November 2011.
5. Penile prosthesis. http://www.essm.org/society/esha/malesd/oraltreatments/penileprosthesis.html. European Society for Sexual Medicine (ESSM) Web site. Downloaded May 2013.

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News you need to know

NFL sked to be revealed tonight

In what has become something of a sports holiday, the NFL's 2015 schedule will be revealed Tuesday at 8 p.m. Teams already know their opponents for the 2015 season but the dates and times have not yet been set. The main event of the schedule reveal will regard which team will play the defending Super Bowl champion Patriots in the NFL Kickoff game on Thursday, Sept. 10. The Jets, Eagles and Steelers are possibilities. **MATT BURKE**

Manning not worried about contract

Giants quarterback Eli Manning is "comfortable" playing out the final year of his contract without an extension, he told reporters Monday.

"I've got a job to do and that's to play football and that's my only concern," Manning said. "I never get too caught up with contract stuff. ... The way I look at it, I have one more year and I'm going to play that year and go from there." **MATT BURKE**

Capitals fan complains of vandalism

A Capitals fan told Nassau County Police that he found his car keyed and his Maryland license plate stolen following Sunday's Game 3 in Uniondale. The car was left in the parking lot adjacent to the Nassau Coliseum, according to ESPN. A group of New York-based Caps fans also complained of racist and homophobic remarks from Islanders fans Sunday. **MATT BURKE**

DIVING INTO DAILY FANTASY BASEBALL

The average person who watches a nationally televised baseball game is 55 year old. Luckily for Major League Baseball, daily fantasy sports (DFS) is here to save the day. The powers at MLB know it, as they've officially signed a partnership with a DFS site. It's the next big boom, the next poker craze and the reason we want to watch Indians at Twins on a May evening. Some basic strategy for beating these one-day salary cap games and picking up some extra pocket change this baseball season:

Jordy Mercer thrives against southpaws. / GETTY IMAGES

Splitting hairs

There are a mountain of stats we can look at when deciphering a hitter vs. pitcher matchup. If we can only look at one, it should be a player's splits. Everyone knows that most righty batters prefer to face lefties — but to what degree? A player like Jordy Mercer absolutely crushes lefties and is borderline inept against righties. His DFS price doesn't reflect this though, giving him tons of value when he faces a southpaw.

Fading the chalk

Baseball is a unique sport because a player can fail 70 percent of the time and be a Hall of Famer. It's not like basketball or football, where we can reasonably project a narrow range of outcomes for each day. Therefore, a contrarian approach for large-field DFS tournaments is the only way to roll. If Mike Trout is facing Kyle Kendrick in Coors Field, we know 60 percent of our opponents are going to use him. If we also use Trout and he does go off, we gain nothing. But if he goes 2-4 with two singles or (gasp) 0-4, we've virtually eliminated 60 percent of the field.

Down with BvP

How a batter has fared historically against a pitcher (BvP) is a controversial stat because so many holes can be poked in it. Typically, the sample size is not big enough for BvP to be relevant and many of the at-bats are out of date. We also know players make adjustments over time. BvP is far from the best stat to use.

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NFL. Tebow will join a crowded quarterback club in Philadelphia

The Philadelphia Eagles, who already have three quarterbacks under contract (two with big deals in Sam Bradford and Mark Sanchez) will bring in mobile signal caller Tim Tebow to perhaps compete for the No. 3 spot against Matt Barkley. Or, he could just give the team depth and be off the roster by the time the Eagles break camp.

Either way, Tebow could get some action in the preseason. And if he impresses enough, he could be an interesting fit for Chip Kelly's offense.

Tim Tebow was cut by New England in the 2013 preseason. GETTY IMAGES

There is also speculation that the Eagles are considering trading Barkley for a late draft pick, and if the team does not draft a QB, Tebow slides nicely into the third position on the depth chart.

Tebow has spent two regular seasons out of the NFL, but he reportedly impressed Kelly when he worked out for the team a few weeks ago. **EVAN MACY**

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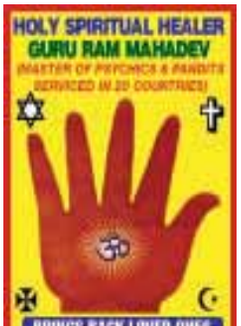

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LEGAL NOTICES

Notice of Formation of a HKL Capital, LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on 3/26/2015. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC c/o/888 7th Ave., Suite 503, New York, NY 10106. Purpose: Any lawful purpose.

NOTICE IS HEREBY GIVEN that a license, Serial # 1285368, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 8303 3rd Ave., Brooklyn, NY 11209, Kings County, for On-premise consumption. Spartan Souvlaki II Corp.

NOTICE IS HEREBY GIVEN that a license, Serial # 1285097, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 251 Bushwick Ave., Brooklyn, NY 11206. Kings County, for on premise consumption. BWD LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1284085, for On Premises License has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 793 6th Ave., New York, NY, for on-premise consumption. The Hee Korean BBQ Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1284887, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1626 Saint Nicholas Ave., New York, NY, for on-premises consumption. Yudyt Restaurant Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1285301, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 492 Grand Street, Brooklyn, NY 11211, for on-premise consumption. ABBA Bar and Grill Corp.

NOTICE IS HEREBY GIVEN that a license, Number TBA, for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 4760 Third Ave., Bronx, NY 10458, for on-premise consumption. Chipotle Mexican Grill of Colorado, LLC

A nonprofit organization in Brooklyn is seeking sealed bids for sales and installation of security related enhancements are now being accepted. The project includes: installation of a security camera system; installation of an access control and ID system; installation of perimeter security lighting; installation of blast resistant film or exterior glazing.

Selection criteria will be based on knowledge of surveillance and security, adherence to work schedule, prior experience and references, cost. Specifications and bid requirements can be obtained by contacting us at secururity.system.bids@gmail.com

All interested firms will be required to provide company name, address, primary contact name, telephone, and email address when requesting bid documents.

Bids must be delivered in person or by messenger in a sealed envelope. Bids submitted via USPS or commercial package delivery services such as UPS or FedEx will not be considered. A receipt will be provided to the person delivering the bid package.

Bids will be accepted until 4:00 PM on Tuesday April 28th, 2015.

All bids will be opened at noon on Wednesday, April 29th, 2015.
Work is to commence by May 11, 2015 and be completed by 8/21/2015.

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